



Junkanoo Journal

Department of
State

September 2005

Embassy Welcomes New Deputy Chief of Mission



Mr. Brent Hardt became the new Deputy Chief of Mission at U.S. Embassy Nassau on August 17, 2005. The Deputy Chief of Mission is the Embassy's number-two position, behind the Ambassador. Prior to his arrival in The Bahamas, Mr. Hardt served as Deputy Chief of Mission and Charge d'Affaires at the U.S. Embassy to the Holy See. He was the ranking Embassy official at the time of Pope John Paul II's death and the inauguration of Pope Benedict

XVI.

Mr. Hardt has extensive experience with Caribbean affairs, having twice served at the U.S. Embassy in Bridgetown, Barbados. From 1996 to 2000, he was Political-Economic Section Chief and Acting Deputy Chief of Mission. During this time, he helped develop the 1997 Caribbean-U.S. Summit agenda and subsequently worked to implement Summit commitments with countries in the Eastern Caribbean.

Mr. Hardt's other Foreign Service assignments include Berlin, The Hague, and Washington. He has received multiple Department of State awards. He earned a Bachelor's degree in history from Yale University, and Masters and Doctorate degrees from the Fletcher School of Law and Diplomacy at Tufts University. He has published numerous articles on U.S. foreign policy, and speaks Dutch, Italian, French and German.

Dr Hardt is accompanied on this tour with his lovely wife Saskia and their three boys, Simon, Craig, and Graham.

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Happy Birthday!

Leon Francis	8.01	DEA - NASSAU
Esther Zaiback	8.01	GSO
Walter Ahern	8.01	DEA/TAT
Wendy Dawson	8.02	ISO
Perry Neely	8.03	GSO
Remon Graham	8.09	MSG
Sheletia Kemp	8.09	CONS
Tim Wetherell	8.11	DEA - NASSAU
Ronnie Abila	8.12	DEA - NASSAU
Richard Ramon	8.12	CBP - FPORT
Antoinette Rolle	8.12	IPC
Gerhardt Buckentin	8.15	MSG
Vandel Rolle	8.15	MSG DRIVER
Clyde Uesato	8.16	CBP - NASSAU
LaFonda Sutton-Burke	8.16	CBP - NASSAU
Michele Bergman	8.20	CBP - NASSAU
Alicia Quackenbush	8.21	NAS
George Kimmel	8.26	CBP - NASSAU
Verna Elcock	8.26	CONS
Christopher Mathes	8.27	DEA- FPORT
Denise Hosenbackez	8.29	CBP - FPORT
Pauline Coleby	8.29	B&F
Edith Taylor	8.30	RSO



Please join Mr. Ambassador

**For our monthly Birthday Celebration,
Monday, September 19, 11:30 a.m.,
Multipurpose Room**

Useful Emails

NassauGSOHousing@state.gov for housing related issues. Please send matters to this address rather than individual housing employees.

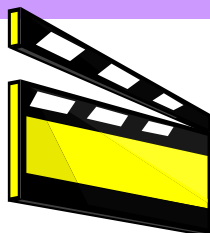
NassauCustomerfeedback@state.gov for issues, suggestions, or compliments.

Nassauvacuation@hotmail.com. The password is hurricane.

<http://www.st-andrews.com> for monthly newsletters

WWW.galleriacinemas... all your movie needs.

nassau.usembassy.gov/acs.php for American Citizens Service Newsletter



ESSENTIAL NUMBERS

Embassy	322-1181
Post One Emergency	328-2206
if busy:	356-3229
or cell:	457-3892
Duty Officer Cell	357-7004
Sandyport Health Unit	327-1850/52
Nurse Carol Clowes	427-2508
Police/Fire Emergency	919/911
Doctor's Hospital	322-8411/14
Ambulance	302-4747
CLO	ext. 4254
Lori's Cell	424-3478
GSO cell	427-7582
For emergencies!	



Nassau Kids' Corner

Why God Created Children

Whenever your children are out of control, you can take comfort from the thought that, by appearances, even God's omnipotence did not extend to His own children. After creating heaven and earth, God created Adam and Eve. And the first thing he said was "DON'T!"

"Don't what?" Adam replied.

"Don't eat the forbidden fruit." God said.

"Forbidden fruit? We have forbidden fruit? Hey Eve...we have forbidden fruit!!!!!"

"No Way!"

"Yes way!"

"Do NOT eat the fruit!" said God.

"Why"

"Because I am your Father and I said so!" God replied, wondering why He hadn't stopped creation after making the elephants. A few minutes later, God saw His children having an apple break and He was ticked!

"Didn't I tell you not to eat the fruit?" God asked.

"Uh huh," Adam replied.

"Then why did you?" said the Father.

"I don't know," said Eve.

"She started it!" Adam said

"Did not!"

"Did too!"

"DID NOT!"

Having had it with the two of them, God's punishment was that Adam and Eve should have children of their own. Thus the pattern was set and it has never changed.

But There Is Reassurance In The Story!

If you have persistently and lovingly tried to give children wisdom and they haven't taken it, don't be hard on yourself. If God had trouble raising children, what makes you think it would be a piece of cake for you?

Things To Think About!

1. You spend the first two years of their life teaching them to walk and talk. Then you spend the next sixteen telling them to sit down and shut up.
2. Grandchildren are God's reward for not killing your own children.
3. Mothers of teens now know why some animals eat their young.
4. Children seldom misquote you. In fact, they usually repeat word for word what you shouldn't have said.
5. The main purpose of holding children's parties is to remind yourself that there are children more awful than your own.
6. We child proofed our homes, but they are still getting in.

Advice For The Day: Be nice to your kids. They will choose your nursing home.

And Finally: if you have a lot of tension and you get a headache, do what it says on the aspirin bottle: *"take two aspirin"* and *"keep away from children"*.

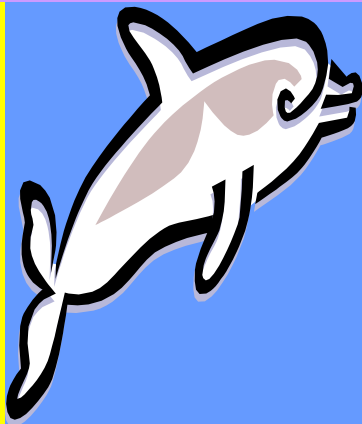
International Prayer Event

This year it will take place Wednesday, September 21st. Students in schools around the world voluntarily meet at their school's

Flag pole to pray for their school, classmates, teachers, family, and country.

St Andrew's will be meeting from 7:00-7:45am Wednesday, September 21st. For more information visit their website at www.syatp.com

You've Asked For it and Here it is!! Dolphin Encounters Fieldtrip



On October 8th 2005, we will be taking an educational trip to Dolphin Encounters. Because this is an educational trip all school aged children are invited to attend. Three chaperones will be attending. If your child is too young to attend school then I asked that an adult accompany them. Cost is \$27.00/child, \$65.00/adult. The price also includes a Hot dog/ snack ,fruit juice and a picture.

Safety Requirements Everyone Needs to Know!!!!

Remember, I am not allowed to reference the time, location and date of events all at the same time in any publication.. This procedure is performed for your safety. When you rsvp, I will give you more details.



Junka-news

FREEPORT NEWS



Freeport celebrated its 50th Anniversary with an entire week of festivities. Celebrations kicked off with the opening of the Freeport Story Exhibit at the Sir Cjarles Hayward Library. The highlight of the week was the "Feel the Rush" Junkanoo Parade where Freeport All Stars competed against Nassau's Saxons, Valley Boys and Roots. For those of you in Freeport who didn't get a chance to see the exhibit you can stop by on week-ends from 10am - 4pm. to witness the growth of Freeport "From Pine Forest to Golden City".

Stop by the CLO's office in Nassau to see wonderful pictures of the event. Sorry we were unable to place them in the Junkanoo due to the file type.

***** Freeport: Please be aware of the increase in robberies in Freeport and always set your alarms at night, while you are away and even when you are home. **Your safety is our number one concern.**

CLO, Liz Sanders

Have you ever known someone who received blood? Since my profession is actually as an immunohematologist rather than a Community Liaison officer, blood donation is very important to me. Many, many people benefit from a single pint of blood. Many people never have to understand the concept of needing blood for their newborn. But even babies need transfusions. Because newborns do not have antibodies, we only giving them O negative blood, not type specific. Other problems occur if you are diabetic. Because of multiple transfusions, diabetics develop antibodies. This requires us to look through sometimes hundreds of pints of blood looking for matches. Some diabetics come in regularly for "fill-ups".

to **Do we use every pint of blood?** I can never recall in my 15 years of working in the blood bank throwing away "good" blood. The only time blood is discarded is if the patient or blood fails any part of the testing or criteria the American Red Cross has made.

Does my blood go to one hospital? Hospitals share the blood units they have in order to keep a well stocked shelf. If a hospital has a bleeder they will request blood from other hospitals in hopes that they will receive it. In the states, you may donate in Miami, but if there is a need for it somewhere else it may be shipped to another hospital.

Do they charge for the blood? Normally there is a charge from the hospital, not necessarily for the pint of blood but for the compatibility testing, and diagnostic testing required to ensure the blood is safe for the patient.

If you have any questions, call Carol or Lori. They'll be happy to answer your questions.



Blood Drive

9:00 am Thursday, September 22, 2005
Multi Purpose Room, US Embassy

Facts:

It takes about 20 minutes from start finish.

They will take about 1 pint of blood.
Certain medication, medical history or other factors could prevent you from donating, so please ask if you have any questions.

Contact Nurse Carol Clowes @ 427-2508 or at clowes@state.gov

Refreshments will be served.

Thank you for your help.

They are in desperate need.

Milly About Town

Day Passes -

Atlantis - Located on Paradise Island, you can reserve a day pass by calling 363-2000, Extension 65048 or ask for Room Reservations. Passes are available depending on occupancy. Call in advance or call at 8 am the day you plan to go. A day pass to Atlantis is good for up to 4 persons and includes a room for the day valid from 9 am to 6 pm. A room at the Beach & Coral Towers is \$150- for the day while a room at the Royal Towers is \$200- for the day. A day pass permits the user to tour Atlantis and use the obvious facilities. Meals and drinks aren't included. Ask if you have special needs. Also, the Embassy is given day passes, which permits entry to Atlantis and is not to be confused with the above day pass.

SuperBreezes - Located on West Bay Street in Cable Beach, you can reserve a day pass by calling 327-5356. Call in advance or show up the day you plan to go. Passes are available depending on occupancy. A single day pass to SuperBreezes is \$60-, which is valid from 10 am to 6 pm. A day pass includes all you can eat & drink as well as participation in all scheduled activities. You can pick up an activity sheet when you get your pass. SuperBreezes offers rock climbing, a trampoline, ping pong and a variety of other games. Paddle boats are included but you need to pay for motorized water toys.

Sandals - Located on West Bay Street in Cable Beach, you can reserve a day pass by calling 327-6400. Call a few days in advance to make sure passes are available. Then, just go to the security hut to purchase your passes. A day pass to Sandals costs \$200- for 2 people. The all-inclusive price includes breakfast and brunch as well as a boat trip to Sandals' Island (Balmoral Cay). The day pass is valid from 9 am to 6 pm.

Volunteer Fun -

BIFF - The Bahamas International Film Festival is looking for volunteers to help in the office now as well as during the film festival, which is December 8-11, 2005. Please call 356-5939 or apply online under volunteers at <http://www.bintliffilmfest.com>. For more information, please ask Milly Krause at 323-4553. Film venues are at the Atlantis and JFK theatres. Look for the Sept. 17 fundraiser in this issue of the Junkanoo, which will be held at Nygard Cay in Lyford Cay. These will all be memorable events.

Cheers to Having Fun!
Milly Krause

Greek Salads are Back!

NOW ON THURSDAY

\$8.00 regular

\$10.00 with Anchovies or Chicken

(extras please add \$1.00)

Made with garden fresh romaine hearts, vine ripened tomatoes, oil/vinegar (traditional dressing), cucumbers, onions, Greek olives, feta Cheese, on a fresh pita

Lentil Soup = \$5.00 - lrg

Greek Salad = \$8.00 regular
= \$10.00 with

anchovies or grilled chicken

Soup and salad combo = \$8.00.

Pastitsio (Greek lasagna) = \$6.00

Pastitsio combo (with salad) = \$9.00

There is limited quantity, so its first come, first served.

Delivery is free (Embassy only). Tips are welcome.

Delivery time will be from 12:00 to 1:00 p.m.

Call Lori ext. 4254 with order and payment by COB Wednesday

Summer at a Glance!!!

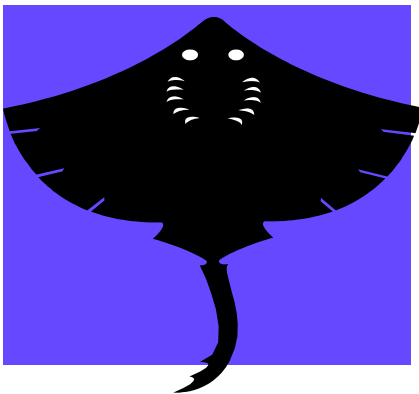


Do you see what is missing from this picture? My Fish! Okay so I didn't catch one! Thomas Pratt's retirement was celebrated September 2, 2005. With over 30 years of service with the US Embassy, many of his co-workers came out to honor him at this wonderful event. Everyone in attendance had a grand time. Many people competed in the Fishing Tournament. Awards were given out for the Biggest, The Smallest and, a category created on that day, The Most. Competition was stiff for the "Most" award. However, in the end, a three way tie occurred in the "Most" category each catching a whopping one each.

Sophie from DEA kept the girls in the competition while Lafonda was fighting to keep her line off the fence. Lori was mad trying to get her line in the water. The Men were fierce with competitiveness while also having a few juicy snake drinks. For the dancing category, Ellis definitely was in First place but Leonie was giving him some of her moves. Sorry at press time there was no pictures of Leonie shaking her groove thing, but many witnessed and tried to take pictures. What better than an afternoon of fishing, friends and wonderful food.



At the beginning of the Summer, a handful of children took advantage of the field trip out to Adventure Learning. The fearless children went on an out of control train ride which took us to observe tidewater and low lands. There we learned about mangroves. Next, was the zoo. While many of us were hesitant, our fascinated snake lovers held this "beautiful thing". I certainly made sure IT wasn't in my car when we left. A little bit more my speed was the adorable monkey. Many of the kids were mesmerized by his size as well as cuteness. Afterwards we went to Bahamas only planetarium and enjoyed a short show. We all confirmed this was something we needed to do again and perhaps even stay a night (of course with out the snake).



Stingray Adventures: Over forty people enjoyed this afternoon. The stingrays were fascinating as they swam around us and between our legs. It was really neat and eerie having a stingray rub your ankles as they glided past you. I was unaware they didn't have teeth. When we fed them, they were more like vacuums, suctioning the food out of our hands.

We enjoyed lunch in their veranda with a cool breeze blowing through. Several of the children challenged a few of the vacationers as well as parents to volleyball. They were pretty good!

The weather held up for until the very end. Everyone on the top level of the boat quickly descended to the lower level as the rain pounded on them. Just made the trip even more fun. This is a must do if you have friends in town.



BACARDI RUM TOURS- so here was another good time. No one was escorted off the premises. Several people had a better time than others. Matter of fact several of the same people has special "drivers." We won't mention names. Glad to see a good turn out even if the bottling section was closed. Certainly didn't hear any complaints. Next trip.... Kalik Tour!!!



Fourth of July 2005..... Okay so I never want to see another balloon until maybe next year. I could hardly believe my ears when someone told me the fireworks blew up in the harbor. I wasn't quite sure we were to have a Classic 4th of July. However everyone pulled together and it was a spectacular event. Food, fun and even firework were enjoyed on the new lush grass on top of the hill at the Ambassador's Residence.. Many people are to be applauded for all there hard work.



"Would you like a cherry, whip cream,?" Oh, just plain ice cream." The ice cream social was a blast. We enjoyed an afternoon swim and ate as much ice cream as we could. About twenty kids, and even a few adults showed up for this event. Look for the Marines having ice cream in the near future. It was certainly a crowd pleaser.



Several USCG Cutters pulled into our harbor this summer and had several opportunities to put their skills to good use. With almost every visit, the crews arrange to work in the community. Everyone is always very welcoming and they do some pretty wonderful jobs. Painting the R.U.S.H. home, making bunk beds for the Children's Hostel, and even cutting the grass are just a few projects they have completed. I think this should be a challenge for our own community to get involved.

Anyone interested contact the CLO.

Several Embassy families had the opportunity to travel to Freeport and slam some hammers on the West end. Before arriving, we thought we would be fixing roofs. Once we arrived we realized we were building **new** roofs. It was a wonderful experience especially for the hard workers who stayed at OLD BAHAMA BAY ????






Italian and Mexican Nights with the Marines proved to be very popular. With so many great cooks in the embassy, perhaps we should make our own cookbook. Jalapeno eating contest proved to be a memorable event. Chip McBrayer ate

39!!! And was ready to eat more.



Calendar of Events

September 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
18	19 <i>Birthday Celebration 11:30</i> 	20 <i>AWC Birthday Luncheon Lyford PTO Lyford Ele Night Employee appreciation 630</i>	21  <i>International prayer day for schools.... Meet at the flag poles at 700am Lyford High school Night</i>	22 <i>Blood Drive 900 Corona Luncheon 1200 Prayer Service 730 RSVP</i>	23	24
25	26	27	28 <i>Don't forget to place your lunch order by COB</i>	29 <i>Spouse's Morning Coffee @ the Embassy 900 Multi-purpose room</i> 	30	

October 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Marine Fun Run Details to follow
2	3	4	5 <i>Don't forget to place your lunch order by COB</i>	6	7 JBLN Baseball signups	8 Dolphin Encounter
9	10	11 AWC 45th Anniversary	12	13	14	15 JBLN Tryouts

Look for more exciting events at the end of October. Remember Halloween is just around the corner! We will be having a halloween party. Anyone who wants to volunteer, please let the CLO know. Also the Commissary and Recreation Committee is working on a fun event for the end of the month. More details will follow.



Mandara Spa at Atlantis offers an Exciting Special with Instant Results! September 6th - 30th, 2005

Take time
experienc-



Create
host, you
2 people

out of your busy schedule to revive your inner being. Rejuvenate your mind, body and soul by
ing any one of the signature treatments offered by Mandara Spa at Atlantis!

your very own "Sparty" – a Sparty for you and up to 6 co-workers, friends or family. As the
can receive the following discount on your personal treatment:

attend = 25% discount on your personal treatment

4 people attend = 50% discount on your personal treatment

6 people attend = FREE TREATMENT FOR YOU AS THE HOST!

Reawaken your natural beauty with an **Elemis** or **La Therapie** facial, brighten your smile with our **Gentle Touch Tooth Whitening System**, reduce the appearance of cellulite and inch loss with our **Ionithermie Algae detox**, rid yourself of stress, fatigue and muscle aches with one of our many **AromaSpa Ocean Wraps**, or change your complete look with our **Fusion** or **Seamless Hair** extension systems.

Choose from the following signature treatments:

La Therapie Hydration Lift	50 minutes	\$110 (Add-ons are \$45 each)
La Therapie Hydration Peel Facial	50 minutes	\$130 (Add-ons are \$45 each)
Elemis Visible Brilliance Facial	75 minutes	\$165
Elemis Oxygen Skincalm Facial (Sensitive Skin)	75 minutes	\$140
Elemis S.O.S. Purifying Facial (Problem & Congested Skin)	75 minutes	\$140
Elemis Coconut Rub and Milk Ritual Wrap	100 minutes	\$220
Elemis Frangipani Body Nourish Wrap	100 minutes	\$220
Elemis Aroma Spa Ocean Wraps (Muscle & Cellulite)	100 minutes	\$220
Ionithermie Algae Detox	75 minutes	\$140
Homecare Course of 12 day kit		\$227
Homecare Course of 24 day kit		\$328
Gentle Touch Tooth Whitening	45 minutes	\$200

Additional Note:

In addition, all services are entitled to complimentary access to the Mandara Spa at Atlantis Steam, Sauna and Thalassotherapy Pool and access to the Mandara Spa Fitness Center for the entire day of service. Cancellation policy: To cancel or reschedule, we would appreciate at least a four hours notice to avoid a full charge for service.

Please call today to reserve your "Sparty" appointments at 242-363-2000 extension: 65900.

E-Mail: Charmaine.Burrows@kerzner.com

Looking forward to seeing you soon!

Charmaine Burrows Spa Manager – Sales & Marketing

Making Donations for Hurricane Katrina Relief

We are thankful to the many Bahamians and Americans who have expressed an interest in making a donation to the Hurricane Katrina relief efforts.

A list of organizations involved in the relief efforts can be found on the Federal Emergency Management Agency's website: www.fema.gov.

The American Red Cross accepts donations through its website: www.redcross.org.

Donations in U.S. dollars made out to the "American Red Cross Disaster Relief Fund" can also be made through the U.S. Embassy (P.O. Box N-8197, Nassau).

Individuals can also contact the Bahamas Red Cross (ph: 242-323-7370; P.O. Box N-8331, Nassau).



The Mystery Dinner party has finally arrived. I am currently looking for at least one couple from each Department to host a dinner party. We have a few volunteers from State but really need someone from DEA, CBP, ADM, Consular, RSO, GSO and several from FSNEA. Let me explain how this works... You as the hostess will be able to determine who you would like to invite. The party calls for a total of ten guests including the host and hostess. You will be given invitations for each of your guests. The invitation will explain what character the person will be playing. It's usually best that you give your guests a month to plan their costume and to learn their character. Once we have established who will be hosting the parties we will discuss the date. Since dinner and drinks are costly we will ask each guest to contribute a small amount. A group of us from NLO attended one of these parties, and we had a blast. The dinner we attended was very technical and by the end of the party we had no idea who the killer was. A group of us from NLO attended one of these parties, and we had a blast. Call the CLO if you are interested.

Commissary News

Hurricane Sale!!!!

**All alcohol except Bacardi products,
Mixers and Beer will be on for**

50% off.

**Help us clear it out so we can bring in better
stock.**

(This is not a typo!)



Just a little reminder! You know how fast the holiday season comes upon us...please remember the U.S. Marines Toys for Tots drive and perhaps during your visit back to the U. S., you might find a little extra room in your luggage to transport a toy for this year's drive.

Lunch Pail Items for Sale

LITTLE DEBBIE SNACK CAKES (\$2.00 per box)
Fudge Round – 23
Double Chocolate Rolls – 2
Fudge Brownies – 2

POP TARTS (\$2.00 per box)
Cookies & Cream – 9

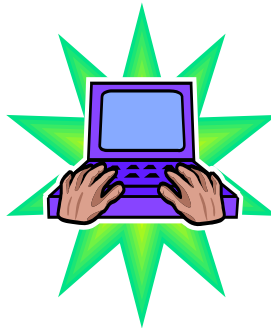
JOLLY TIME HEALTHY POP (2/\$5.00)
Caramel Apple Popcorn – 13

Any interested persons may contact Tangela Jenkins @ ext. 4454 or Jermaine Jenkins @ ext. 4313 and also @ 325-7793

Housekeeper available with references.
Call Nancy 327-4727 or Wendy 326-6617

**New MSG Det Nassau
Coins**
Now on sale!
**Get them while
they're hot!!!**
Polo's and Mugs also
Available.

JUNKANOO JOURNAL ONLINE



**Download the Junkanoo
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Nassau Internet site:**

nassau.usembassy.gov

Marine Corps Ball Tickets are ready and can be purchased from the Detachment Commander or the Marine House for **\$80.00**. enjoy the night. . **The sooner your tickets are purchased the better so we can have you seated with whoever you like. If you need a table or two reserved please let Sgt. Ellis or myself know**

The Marine Corps Ball will be held at Sandals Hotel and Resort Ballroom In November. Date and time To follow in future editions or call the Clo.



Junkanoo Journal Submission Guidelines

Thanks to all of you who contribute to the Junkanoo Journal. Your contributions are what make it a great newsletter! For anyone interested in submitting articles or photos to the Junkanoo Journal, your submissions are welcome! Here are a few guidelines:

- Always submit by email (CLONAS@state.gov) or disk. Because of time constraints, hard copy submissions might not be published.
- Submit articles as plain text. Don't try to format the submission for publication. What you send won't look the same in this document as it did in yours.
- If you're sending a picture and know how to make it a smaller file, please do.
- If you are sending something you did not write yourself, please credit the author and publication.

Submit your advertisements, articles and announcements to the CLO by **COB Wednesday** for Friday publications.

Submissions may be edited for length, clarity, or security. Publication in the *Junkanoo Journal* does not imply endorsement by the Community Liaison Office, Embassy Nassau or the Government of the United States.